VICKY MOCHAMA

Photo evidence: 'There is no such thing as meritocracy'

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LOTTO 649
welcome to cloud 649

Toronto metro

Your essential daily news WEDNESDAY, MARCH 1, 2017 High 16°C/Low -6°C A brief tease of spring

SPEECH TO CONGRESS

Trump softer on immigration, harder on wall

metroNEWS

FOODIE PARADISE

TORONTO DOMINATING FINE DINING IN CANADA

ALL PHOTOS: INSTAGRAM

The Six now has 24 restaurants in the country's top 100 — with Alo on Spadina taking top spot for the first time metroLIFE

Zoo's baby boom a boon

ATTENDANCE

Visitor numbers highest since 2009 — thanks, cute animals

David Hains
Metro | Toronto

Torontonians flocked to the zoo in 2016 to witness its baby boom.

Over 1.3 million visitors made the trip to north Scarborough last year, because baby animals are adorable.

Attendance was bolstered by a wave of recent births, including panda, white lion and polar bear cubs.

Aside from 2013, when the giant pandas first arrived and the zoo saw a temporary boost, this marks the highest attendance since 2009.

While the zoo is thrilled with the 15 per cent increase, the results were anticipated.

"We knew that if we were fortunate enough to have panda cubs, we would get increased attendance," said zoo spokesperson Jennifer Tracey. "It's very rare to have healthy giant panda twins."

Renewed panda enthusiasm was also reflected in merchandise sales, which increased by 43 per cent, as everyone seemed to want one of the ubiquitous panda plushies or hats. Overall zoo revenue increased by 22 per cent over the previous year.

Despite the baby boom and corresponding attendance spike, the zoo lost money, as it has every year since it opened in 1974.

Panda cubs among the zoo's top draws. METROLAND

However, its 22 per cent city subsidy was lower than the 35 per cent average subsidy for accredited zoos.

Unlike other major sites like the ROM and AGO, the zoo does not receive any provincial funding, Tracey added.

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metro NEWS

Your essential daily news

Kellie Leitch takes message to Facebook in unusual video. **Canada**

How Toronto's rent laws stack up

Rent in Toronto gets more expensive all the time. That reality is made worse for units built after 1991, because unlike other buildings, there's no provincial cap on how much landlords can jack rents each year. Councillors Ana Bailão and Josh Matlow are calling on the province to review tenant rights, and this policy in particular. Metro's **May Warren** looks at how Toronto's rental regulations, covered under Ontario law, stack up

Los Angeles

L.A. may be famous for its stars, but it also has some protections for the less rich and famous.

Generally, units in buildings built before 1978 are subject to what's called the "rent stabilization ordinance," according to the city's website.

That covers allowable rent increases, set every year. **As of July 2016, that is 3 per cent.**

For more info: hcidla.lacity.org/RSO-Overview

Montreal

In Quebec, the landlord can ask for a "rent increase that he deems just and reasonable" in a lease renewal, according to the government's housing website.

The tenant has the right to accept or refuse it within one month.

The agency provides a yearly tool to help landlords figure out what constitutes a reasonable increase. **If the parties can't agree, the landlord has to justify the increase at a hearing.**

For more info: rdl.gouv.qc.ca/en

New York City

The city that never sleeps is also famous for tiny apartments and high rents.

Rent control generally applies to units in buildings built before 1947. For rent control to apply, the tenant must have lived in the unit since 1971, according to the Rent Guidelines Board's website.

Buildings of six or more units built between 1947 and 1974 are under something called rent stabilization, which means the Rent Guidelines Board **sets yearly rent adjustments.**

For more info: nycrgb.org/html/resources/faq/rentcontrol.html

Vancouver

B.C. landlords can only raise rent by a set amount once a year, unless they get special approval from an outside arbitrator.

The maximum allowable increase changes each year. For 2017 it is set at 3.7 per cent.

For more info: gov.bc.ca/gov/content/housing-tenancy/residential-tenancies/during-a-tenancy/rent-increases

San Francisco

The Bay Area has been hit with a housing crisis as Silicon Valley workers drive up demand, but most tenants are covered under rent control.

Landlords can only raise rent by a set amount each year. In 2017 it will be 2.2 per cent.

Tenants who don't fall under rent control can have their rent increased at any time, without notice, according to the San Francisco Tenants Union.

For more info: sftu.org/rentcontrol

Prices are 'balanced'

Bubble. What bubble?

Toronto's soaring home prices are in line with the reality of other world cities such as New York, Hong Kong and London, says Mark Renzoni, president of global commercial real estate giant CBRE.

"The market is fairly balanced. It's not being driven by foreign capital. It's being driven by Canadians, moving up, buying for the first time," he said following a speech at CBRE's annual market forecast event.

"There's great jobs, there's a sense of optimism, there's confidence in the job market and interest rates are low," said Renzoni, who suggested that concerns about foreign speculation in the Toronto housing market are overblown.

"In Toronto, I would say the majority of foreign interest on residential, especially highrise ... It's families. They've got students in university here, they've got other relatives here, they've got one spouse here. They're buying additional residential real estate because they believe in the investment grade quality of the product," he said.

On the highrise side, Toronto condos are very fairly priced when compared to other global cities, Renzoni said.

TORSTAR NEWS SERVICE

> **It's not being driven by foreign capital.**
> Mark Renzoni

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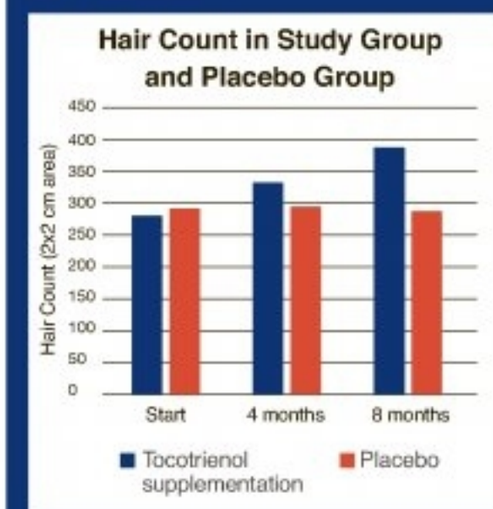
It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

Wynne's power play: Cut hydro bills 25%

POLITICS

Refinancing plan to be on cabinet table Wednesday

Premier Kathleen Wynne will slash electricity rates by 25 per cent this year.

In a dramatic move to be finalized at cabinet Wednesday, Wynne's government is poised to unveil sweeping measures to rein in the soaring hydro bills that currently have the Liberals' popularity plummeting.

Sources say the massive reduction in rates will come mostly by "smoothing out" the financing costs of electricity generation contracts over lengthier periods.

It's the equivalent of refinancing a mortgage to enjoy lower payments over a longer time on nuclear reactors, natural gas-fired power plants, and wind turbines.

Wynne's office refused to confirm details of the 25 per cent solution Tuesday night.

But cabinet ministers are expected to approve the plan during a noon cabinet meeting at Queen's Park with an announcement coming as early as Thursday.

$1.5 billion

Amount that could be save by extending the amortization of various nuclear, gas, wind and solar projects beyond the standard 20 years.

$50 billion

Cost of contracts with public and private power generators, designed to help them build and maintain a reliable power supply.

The 25 per cent reduction includes the 8 per cent rebate of the provincial portion of the harmonized sales tax that took effect on Jan. 1.

While the provincial Liberals have not convinced Prime Minister Justin Trudeau to eliminate the 5 per cent federal share of the HST on hydro bills, they have found other savings.

"We're looking right now at doing some very quick, tangible rebates that people will see in the very, very near future," Energy Minister Glenn Thibeault said.

Extending the amortization periods for the life of nuclear, natural gas and wind and solar projects instead of the standard 20-year time period could cut the expense of contracted generation by more than $1.5 billion a year.

Ratepayers should soon see the positive impact on the "global adjustment" line of their monthly hydro bill.

The confusing global adjustment was added to bills in 2005 and is charged to cover the $50 billion cost of contracts with both public and private power generators who receive more than the market price for their electricity.

It is required because most power producers in Ontario are paid more than the going rate so they can build and maintain enough gas-fired power plants and nuclear reactors to ensure a reliable long-term electricity supply.

The benefit of essentially refinancing the global adjustment is that consumers will see a break almost immediately on their bills.

TORSTAR NEWS SERVICE

Toronto mumps cases up to 18

May Warren
Metro | Toronto

There are now 18 confirmed cases of mumps in Toronto, the city's public health agency said Tuesday.

In an email, Lenore Bromley of Toronto Public Health said they're "awaiting laboratory confirmation for further potential cases."

The incubation period is up to three weeks so it can take a while to show symptoms.

"Individuals who visit or work at bars should not share things like drinks and utensils, and should stay home if they are sick," she added.

Make sure your vaccinations for measles, mumps and rubella are up to date. GETTY

The spread of the virus has been linked to west-end bars between Yonge and Dufferin streets, and has affected people aged 18 to 35, the agency said.

It's not the bars themselves, but what people do at them, including kissing and sharing drinks, utensils or cigarettes, that is spreading the contagious virus, the agency added.

Another factor is being in the same crowded space as someone with the mumps.

Most people infected had zero or only one dose of the vaccine. People born after 1992 received two doses and are better protected, according to the agency.

CRIME

Shooting now double-homicide case

Nearly 10 months after the high-profile fatal shooting of a pregnant woman, Toronto police announced Tuesday the woman's baby — delivered from his dying mother via emergency C-section, but who died three weeks later — is considered a homicide victim.

Though no arrests have been made in the May 2016 fatal shooting in Etobicoke, anyone charged with in the fatal shooting of Candice Rochelle Bobb, 33, would also be charged in the death of her son, Kyrie, born four months premature as a result of the shooting.

In Bobb's case, it was complex legal issue because Kyrie was delivered prematurely as a result of his mother's mortal injuries, but died after birth.

Toronto police Det. Sgt. Mike Carbone said homicide detectives and Crown prosecutors have been examining the highly complex issue since the baby's death in June 2016.

Anyone with information about the shooting is asked to call Toronto police at 416-808-7400 or CrimeStoppers 416-222-8477.

Candice Rochelle Bobb

TORSTAR NEWS SERVICE

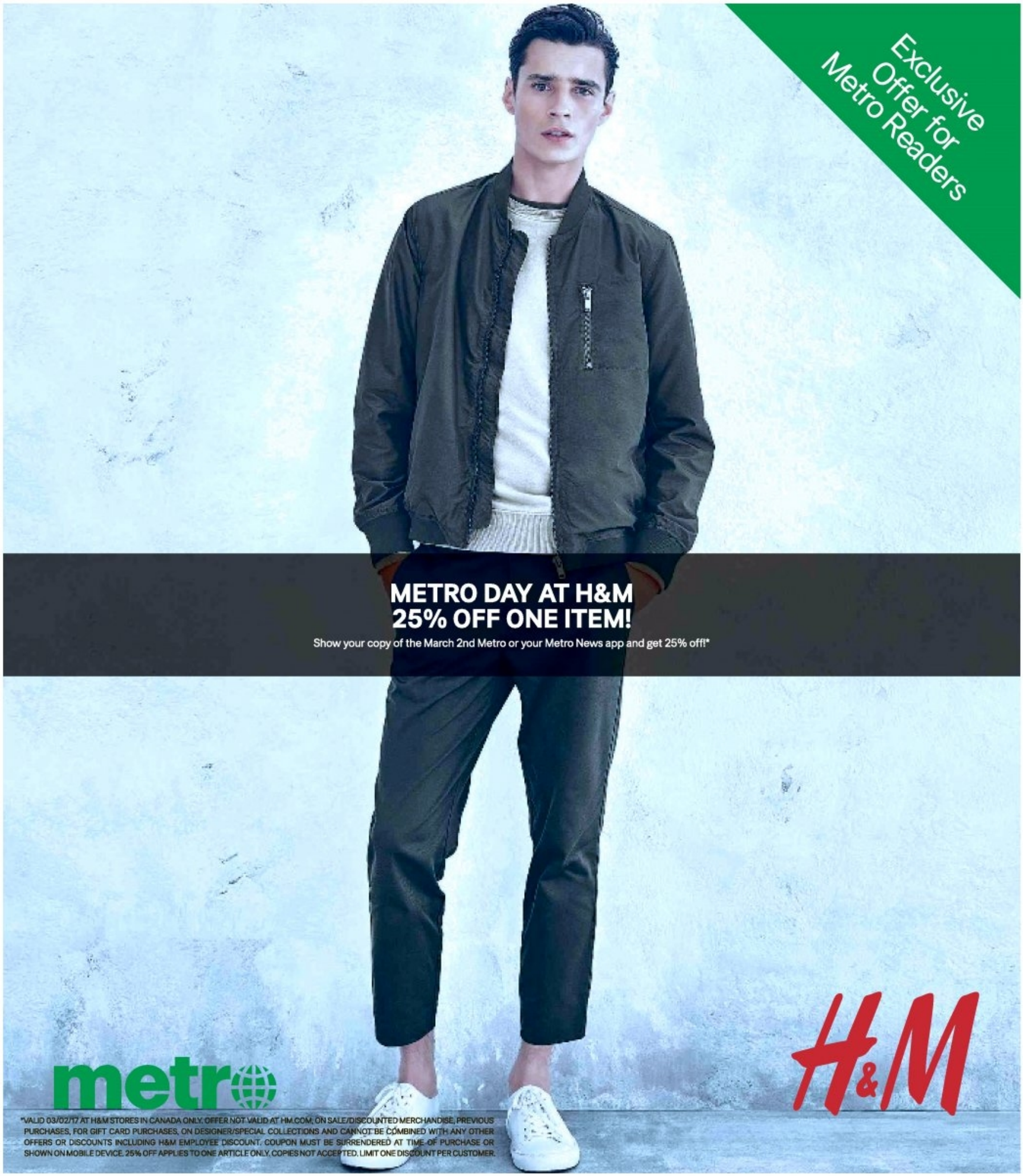
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Exhibit worth spouting

In the spring of 2014 nine blue whales from the endangered North Atlantic population became stranded in thick ice off Newfoundland's coast and died.

Workers from the Royal Ontario Museum, the Department of Fisheries and Oceans, and Research Casting International, travelled to Trout River and Rocky Harbour, N.L., to recover two of the dead whales.

After years of work, the ROM is ready to open an exhibit called Out of the Depths: The Blue Whale Story. Featuring one of the female whale skeletons, it will be on display from March 11 to Sept. 4.

The other restored skeleton, also a female, will go to Memorial University in Newfoundland.

1 Work on the cast of the skull of a blue whale at Research Casting International in Trenton, Ont., in preparation for the upcoming museum exhibit. The company specializes in moulding and casting bones, including dinosaur bones.

2 Nicole Richards flattens whale baleen for the upcoming Royal Ontario Museum exhibit. Baleen, a filter system in the blue whale's mouth which captures krill to feed on, will be mounted to the cast of the skull on display at the exhibit.

3 An ear bone being cleaned for display at the upcoming whale exhibit.

4 Joel Holland, Brett Crawford, and Darian Mayer at Research Casting International, working with the bones of one of the blue whales.

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about

Photographer Lance McMillan takes Metro readers on a behind-the-scenes journey to reveal what it took to restore an endangered blue whale skeleton for an upcoming ROM exhibit. **STORY: MAY WARREN** METRO; **PHOTOS: LANCE MCMILLAN** FOR METRO

5 Brett Crawford and Joel Holland mount a piece of the spine from one of the blue whales.

6 Crawford, below, during the mounting of a piece of the whale spine.

7 Darian Mayer holds a rib bone up to the spine from one of the whales.

8 Brett Crawford makes some adjustments to the structure that will support the bones from one of the blue whales that washed ashore.

9 An overview of the reconstructed spine from one of the blue whales at Research Casting in preparation for the exhibit Out of the Depths: The Blue Whale Story.

10 A worker fixes fractures and seals the bone in the whale spine with a museum-grade product.

More behind the scenes
For great insights into what goes on at the ROM, see Lance McMillan's website: **http://lancemcmillan.com**

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Subway cost climbs, expected riders fall

SCARBOROUGH TRANSIT

Tory rejects idea one-stop extension now more expensive

The cost to build a one-stop subway extension in Scarborough has climbed to at least $3.35 billion as the estimate of people expected to ride it has again fallen.

Those numbers — updated in a new city staff report that had previously been delayed for months — have drawn fresh questions of value for money and providing the most transit for Scarborough residents as Mayor John Tory continued to defend the project Tuesday.

According to updated numbers, the subway extension is expected to attract 2,300 new daily riders if aligned as recommended along McCowan Avenue compared to the existing Scarborough RT, which needs to be replaced. That means the city would be paying approximately $1.45 million for every new rider to build the subway extension.

Mayor John Tory arrives by Scarborough RT for a press conference at Kennedy Station on Tuesday. TORSTAR NEWS SERVICE

The overall updated cost is a $150-million increase over the earlier $3.2-billion estimate, which doesn't include the costs to finance the project or other elements like improvements to the public realm, estimated at $11 million. The updated cost includes significant changes to improve a planned bus terminal that staff said requires 34 bus bays.

However staff said in the report that because the new $3.35-billion estimate is still based on very little design work being completed at this point, the range of accuracy for that estimate is massive. The estimate, staff said, could be off by up to 50 per cent — putting the high-end estimate at $5.02 billion.

$3.35B

Updated cost to build a one-stop extension in Scarborough — a $150 million increase over the earlier $3.2 billion estimate.

The mayor did not accept the notion that the cost of the subway project had increased, telling reporters he took "polite exception" to the suggestion.

Tory also rejected the possibility that the cost of the subway extension could rise again.

TORSTAR NEWS SERVICE

Toronto DIGEST

TRANSIT

Queen St. streetcars gone for the summer

For the first time in the TTC's history, there will be no streetcar service on Queen Street this summer.

The transit agency is removing streetcars from its iconic 501 Queen route from May until September because of multiple construction projects scheduled for this year.

The 501's 43,000 daily riders will be put on buses instead.

TORSTAR NEWS SERVICE

EDUCATION

York U picks new head

After a 14-month search, York University announced Tuesday that current vice-president academic and provost Rhonda Lenton will serve as the institution's next president.

Lenton's five-year term will begin on July 1. She succeeds Mamdouh Shoukri, who was appointed as the university's first Muslim president in 2007.

Lenton, who has been in her current role since 2012, will become the university's eighth president.

TORSTAR NEWS SERVICE

TICKET SALES

Ontario looking to crack down on 'scalper bots'

Ontario is looking for public feedback as it crafts legislation to shut out "scalper bots," which scoop up huge blocks of tickets that quickly appear on resale sites at higher prices. The opposition parties say that the government helped the online resale market when it changed the Ticket Speculation Act in 2015 to make it legal to resell tickets above their original face value.

THE CANADIAN PRESS

IMMIGRATION

Deadline extended after website crashes

The Ontario government has extended the submission deadline from seven to 14 calendar days for its popular immigration program after ongoing problems with its website prevented applicants from completing their applications.

The Provincial Nominee Program reopened last Tuesday after a one-year suspension, which led to a surge of traffic that crashed the website.

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Fact-checking at the Trump tower

VANCOUVER

Incorrect statements at hotel opening

Jen St. Denis
Metro | Vancouver

Joo Kim Tiah, Donald Trump Jr. and Eric Trump at the grand opening of the Trump International Hotel & Tower in Vancouver on Tuesday. JENNIFER GAUTHIER/FOR METRO

"In 2010, Vancouver hosted the Olympic Games, of course the highlight being that Canada won the gold in hockey," Eric Danzinger, CEO of the Trump Organization, said Tuesday during the official opening at the Trump International Hotel and Tower.

"Which is probably why the world's largest hockey stick is here in Vancouver."

Wrong. The biggest hockey stick in the world graces the Cowichan Community Centre in Duncan, B.C.

"Trump International Hotel and Tower is the first hotel to open in Vancouver in the last six years," reads a press release handed out at the opening.

Wrong. Sqwachays Lodge at 31 West Pender and Hotel Blu Vancouver at 177 Robson St. both opened in 2014.

"The property is the first to open in the city in over six years," reads a second release in the press kit.

Wrong. Dozens of condo towers and other properties have opened in Vancouver during the past six years during a construction and real-estate boom.

The tower "is one of the tallest in the city at 69 storeys high."

Technically, just 63, according to marketing material for the building's condos.

As protesters gathered outside the hotel Tuesday to protest the name on the hotel, inside two sons of President Donald Trump and the Vancouver developer behind the project were singing each other's praises.

Joo Kim Tiah, the president of Holborn Group and the son of a Malaysian real-estate tycoon, thanked God, his parents, President Trump and the Trump family.

Rates at the hotel range from $380 for a room with a single king-sized bed to over $1,400 for a two-bedroom suite. Ironically, one of the perks offered by the Trump Hotel in Vancouver is free access to what President Trump has repeatedly called "the failing" New York Times.

Starting in December 2015, Tiah had faced pressure from critics, including Vancouver's mayor, to remove the Trump name from the building, something Tiah has said is not possible because he has contractual obligations with the Trump Organization, which operates the hotel portion of the building. At the time Trump was campaigning for president and had characterized Mexicans as "rapists" and called for Muslims to be banned from entering the U.S.

Brent Toderian, Vancouver's former chief planner and an outspoken critic of the Trump name on the hotel, said he was initially giving Tiah "the benefit of the doubt." But, he noted, the developer has since "doubled down" on his association with Trump.

About 100 protesters gathered in front of the Trump tower Tuesday morning to welcome the family's two eldest sons. Cars driving by the crowd on East Georgia Street honked their support and people broke into a chorus of O Canada.

Four Abbotsford high school students skipped class to attend the protest — something they said their principal approved of.

"We have a humanities class, and this election was all we talked about for weeks," said Ayla Kevener. "This is our future. This will affect us."

CONSERVATIVES

Leitch posts weird video on Facebook

Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kellie Leitch's latest campaign move is an eight-minute monologue packed with jarring cuts, awkward pauses and dreamy-eyed gazes toward a middle distance.

It has been met with a frosty reception since it debuted on her Facebook page Monday. Leitch uses the video to repeat her calls for what she describes as a "values test" for people considering immigrating to Canada.

"Canadians are proud of their country and proud of their unified Canadian identity," the former cabinet minister says. "They're proud of their values — values like hard work, generosity, freedom and tolerance."

Leitch's rhetoric on immigration has often been compared to that used by U.S. President Donald Trump, who she said had "an exciting message that needs to be delivered in Canada as well."

Greta Marofke has a rare form of liver cancer. CONTRIBUTED

ALBERTA

Calgary family clings to hope

Elizabeth Cameron
For Metro | Calgary

By the time you read this, Lindsey Marofke will be in Cincinnati.

It's the only chance she has to save her daughter's life. Unable to get a potentially life-saving treatment in Alberta, when a doctor in Cincinnati offered to try, Lindsey knew she had to take her chances.

Three-year-old Greta Marofke has hepatoblastoma, a rare form of liver cancer. She beat the disease once but has since relapsed.

Greta's liver must be replaced. Her cancer hasn't spread to other parts of her body yet.

Dr. James Geller, medical director of the kidney and liver tumours program at Cincinnati Children's Hospital, believes he has a chance to save Greta's life.

"He called me up on Friday and said, 'I need you to come here; Greta deserves a chance,'" Lindsey said. "I'm just hanging onto that hope, because a few days ago we didn't have it."

The Stollery Children's Hospital in Edmonton denied Greta as a transplant candidate because her chance of survival is too low.

NOVA SCOTIA

Canadian tattooist wins Facebook fight

Yvette d'Entremont
Metro | Halifax

An example of Thorpe's work. COURTESY ADEPT TATTOOS

A Bedford, N.S. tattoo artist is thrilled that after years of battling with Facebook, the social-media giant is now allowing her to post photos of the cosmetic tattooing she does for breast cancer survivors.

For the past eight years, Amber Thorpe of Adept Tattoos has helped clients through cosmetic tattooing of nipples and areolae after they've been through reconstructive breast surgery following breast cancer.

Over that same period of time photos of her work have been repeatedly taken down by Facebook, typically within one to five hours of her posting them.

"We're very sorry about this mistake," a Facebook spokesperson told Metro in an email Tuesday. "The pictures were removed in error and restored as soon as we were able to investigate."

150 WAYS of looking at Canada

POSTCARD NO. 27

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HEALTH CARE

Infighting widespread among doctors online

Problems of bullying and disrespect are rife within the medical profession, and the Canadian Medical Association wants to do something about it, says its vice-president of medical professionalism.

"We need to heal some of those wounds and bridge some of those divides," Dr. Jeff Blackmer said Tuesday, the day after a report revealed infighting among doctors has escalated since last summer's defeat of a contract settlement between the province and the Ontario Medical Association.

TORSTAR NEWS SERVICE

Corporate law reform 'falls short'

FEDERAL GOVERNMENT

Expert says it's 'stunning' that Ottawa hasn't 'done more'

Ottawa's first comprehensive reform of corporate law in more than a decade will do little to prevent tax cheats and criminals from hiding their identities, say critics of a bill winding its way through parliament.

Foreigners are using Canadian corporations to "snow wash" illicit funds — as Torstar revealed through the Panama Papers investigations — and they will have little impediment to continuing to move money anonymously even after Bill C-25 becomes law, financial crime experts say.

"The bill falls short of its potential to address the real risks of money laundering, terrorism financing and tax evasion," said Denis Meunier, a former top official with the Canada Revenue Agency and FINTRAC, Ottawa's anti-money laundering watchdog.

Meunier noted that an intergovernmental review last fall found Canada's corporate transparency is non-compliant with international anti-money laundering and terrorism financing standards.

"Match up the assessments of the risk. … And then you see this bill, there's a gap. For me, it's stunning that the government hasn't (done more)," said Meunier, a member of Transparency International Canada who shared his analysis with a parliamentary committee last week.

Bill C-25, which is expected to receive final reading next month, addresses several aspects of corporate law, but the one that's most troubling for financial analysts and law enforcement is the partial ban on bearer shares.

TORSTAR NEWS SERVICE

MARDI GRAS 'THE ONE TIME OF YEAR PEOPLE CAN ACT LIKE FOOLS' Revellers blow trumpets at the start of the Society of Saint Anne Mardi Gras parade in New Orleans on Tuesday. The streets of New Orleans are filled with costumed revellers, dazzling floats featuring kings and queens, and people of all ages screaming for trinkets and lots of beads. Mardi Gras is "the one time of year people can act like fools and get away with it," said one reveller, Craig Channell. THE ASSOCIATED PRESS

GEORGIA

Two jailed for birthday party threats

A white man and a white woman who were among a large group of people waving Confederate flags and threatening violence at a black child's birthday party in 2015 have been sentenced to lengthy prison terms.

Jose Ismael Torres, 26, and Kayla Rae Norton, 25, were part of a group of 15 people who disrupted the 8-year-old's party in Douglasville, Ga. in July 2015, less than a month after white supremacist Dylann Roof killed nine African-Americans at a historic black church in South Carolina.

Roof brandished Confederate flags in several photographs that came to light soon after his arrest and had said he intended to start a race war with the killings.

Torres and Norton were found guilty Monday of yelling racial slurs and threatening to kill partygoers, even the kids. At one point, Torres aimed a shotgun at the party, prosecutors said.

"Their actions were motivated by racial hatred," said Superior Court Judge William McClain. THE ASSOCIATED PRESS

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No more 'small thinking'

POLITICS

Donald Trump talks big during his first address to Congress

Heralding a "new chapter of American greatness," U.S. President Donald Trump stood before Congress for the first time Tuesday night and issued a broad call for creating new jobs, overhauling the nation's healthcare system and significantly boosting military spending.

Striking an optimistic tone, Trump declared: "The time for small thinking is over."

Trump's address came at a pivotal moment for a new president elected on pledges to swiftly shake up Washington and follow through on the failed promises of career politicians. His opening weeks in office have been consumed by distractions and self-inflicted wounds, including the bungled rollout of a sweeping immigration and refugee executive order that was blocked by the courts.

President Donald Trump addresses a joint session of Congress in Washington on Tuesday.
JIM LO SCALZO/THE ASSOCIATED PRESS

Trump sent unexpectedly mixed messages on immigration, one of his signature campaign issues. He pledged to vigorously target people living in the U.S. illegally who "threaten our communities and prey on our citizens." But he told news anchors before his speech that he was open to legislation that could provide a pathway to legal status, and he told Congress he believed "real and positive immigration reform is possible."

But Trump still said the country will soon begin construction on a wall along the U.S.-Mexican border, saying that Americans can't succeed "in an environment of lawless chaos."

Trump says the country will soon begin construction on the wall, which "will be started ahead of schedule and, when finished, it will be a very effective weapon against drugs and crime." THE ASSOCIATED PRESS

SHOUT OUT

Prime Minister Justin Trudeau received a mention from Donald Trump in his speech Tuesday.

"With the help of Prime Minister Justin Trudeau, we have formed a council with our neighbours in Canada to help ensure that women entrepreneurs have access to the networks, markets and capital they need to start a business and live out their financial dreams," Trump said.

THE CANADIAN PRESS

White House aims to silence whistleblowers

When White House Press Secretary Sean Spicer wanted to crack down on leaks last week, he collected his aides' cellphones to check for communication with reporters. The crackdown quickly leaked.

Spicer's losing round in Washington's perpetual game of information whack-a-mole was hardly a surprise. In trying to plug leaks from anonymous sources, President Donald Trump and his aides are going after one of the most entrenched practices in Washington politics and journalism, an exercise that has exposed corruption, fuelled scandals and spread gossip for decades.

But the practice has created several headaches for the new president, leading Trump, just weeks into his presidency, to publicly vow to try to punish "low-life leakers" in his own administration.

"Let their name be put out there," Trump said before the Conservative Political Action Conference on Friday, accusing reporters of making up anonymous sources and stories. He declared reporters shouldn't be allowed to use sources "unless they use somebody's name."

THE ASSOCIATED PRESS

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metro VIEWS

PHILOSOPHER CAT by Jason Logan

PAUL WELLS ON CANADA'S BRAND IN THE AGE OF TRUMP

How can Canada use the chaos in D.C. to pursue its own interests?

It's time to conclude, on a balance of probabilities, that Donald Trump will be merely an ineffectual president.

For a while it seemed the White House's listless new tenant might have some sort of trade strategy. For a few days he even seemed to be preparing for an attack on Iran. That seems so long ago. He may yet do something big domestically, like repeal Obamacare, although the news that massive new social programs contain fine print has rattled him badly.

Being an evil genius takes an ungodly amount of prep work. Who knew? It's so much easier to hightail it to Mar-A-Lago for another weekend. Down there, the world is divided into people who are paid to be nice to him and people who have paid to be nice to him. He can handle both.

Perhaps the time is coming, or soon will, when the Trudeau government should adjust its strategy regarding Trump. The original working assumptions are already running out of steam.

For both the prime minister and his detractors, Trump was viewed, after his astonishing election victory last November, as a potential source of organized menace to the Canadian economy.

He would tax industrial goods at the border. He would abrogate NAFTA and ensnare Canada in protracted negotiations, where his decades of experience as a dealmaker would leave poor naïve Justin Trudeau bereft and dizzy, wearing only a barrel on leather shoulder straps.

In response, Trudeau executed a profound reorganization of his ministry, of the public service and of Liberal political staff. The goal was to become more nimble on the defence, accelerating information-gathering and decision-making across government to ensure that whatever move Trump might make, Canada could respond.

But perhaps defence isn't the game. Or at least it shouldn't be the only game. Because maybe this president is incapable of organizing an offence.

That's the conclusion the Russians seem to have drawn. If anyone should be taken as an authority on Donald Trump, it's the Russians. In a fascinating story in Tuesday's New York Times, assorted Russian analysts said Vladimir Putin is now treating Trump, not as a conniving ally but as a random-event generator who will pull Washington into chaos.

"Right now the Kremlin is looking for ways that Russia can use the chaos in Washington to pursue its own interests," pro-Putin analyst Sergei Markov told the Times. "The main hope is that the U.S. will be preoccupied with itself and will stop pressuring Russia."

What would an offensive Canadian strategy look like, if Canada followed Markov's reasoning? How can Canada use the chaos in Washington to pursue its own interests?

One set of interests is inbound: It's about who comes to our shores. Canada has long watched while the United States attracted a disproportionate share of the brightest students, the most distinguished researchers, the wiliest entrepreneurs.

Finance Minister Bill Morneau has already been making changes to attract all those groups. A concerted global marketing program would spread the word. Canada has a big disadvantage: unlike Australia or the UK, it has no national education minister to lead global marketing efforts. Nor should it, education being a provincial responsibility.

But a senior federal minister should be put in charge of marketing Canadian research and education, in partnership with the provinces. I nominate François-Philippe Champagne, the new trade minister, because he's so peppy he's probably already doing it anyway.

Another interest, the attraction of international investors for Canadian infrastructure projects, is well in hand, and I have no advice to offer.

The third Canadian interest is the most delicate: the search for strategic partners to replace an increasingly introspective United States.

In some ways, America can't be replaced: Nowhere else is as close, as rich or as culturally simpatico. But Trudeau must conclude, as every modern prime minister has in different ways, that it does no good to rely too closely on the Americans alone. Especially now.

China stayed aloof from even Jean Chrétien's ardent courting. Trudeau will not be able to tap its amazing potential in the short term. Europe is almost as big, richer and needs friends now too. The working relationships built up over a decade's CETA talks must not be allowed to atrophy now.

In his mandate letter to international development minister Marie-Claude Bibeau, Trudeau urged her to "refocus Canada's development assistance on helping the poorest and most vulnerable." That now seems simplistic. Many of Africa's national economies are rising, fitfully but full of promise. Canada should build long-term relationships by supporting institutions that educate a new African leadership class and strengthen African markets, legal systems and governance.

I could go on. A few hours' brainstorming could generate countless ideas for pursuing Canadian prosperity in an era of American eclipse. It's work nobody would have wanted. But the task now seems at hand.

Paul Wells is a Toronto Star national affairs columnist.

Missed manners In the Oval Office on Monday. GETTY IMAGES

Conway's couch crouching proves meritocracy a sham

Vicky Mochama
Metro

When I saw the picture of Kellyanne Conway, adviser to President Trump, with her feet tucked under her on an Oval Office couch, I could hear my mom saying — or, let's be real here — yelling "Beka amagoro inse!"

That is Kisii for "You own nothing in this house and your presence here is optional so you need to act right, or else." (It is actually not but that is what it felt like.) I still hear it when I put my feet up on my own table in my own house.

The image isn't striking because a grown woman is sitting on her feet and looking at her phone on her boss's couch. No, Kellyanne got real casual during a photo opportunity with the leaders of America's historically black colleges and universities (HBCUs).

To me, a roomful of black academics is a room of aunties and uncles empowered to yell at you. So, I was a little scared for Kellyanne.

But she knows she doesn't have to operate by those standards. When photos of Barack Obama putting his feet up on the Resolute Desk in the Oval Office first surfaced, Fox News basically aired a war crimes tribunal for a week. Every move by the Obamas was examined for its perceived rudeness. These were (and are) black professionals at the apex of human achievement.

If respectability is the measure by which white officials will respect black people, you cannot get more respectable than that group of people in the Oval on Monday. They didn't just go to the best schools; some now run the best schools.

If the election of a mediocre businessman for president didn't do it, then this photo should render apparent that there is no such thing as a meritocracy. Some of America's highest educated and highly accomplished black people grimaced through it while Kellyanne Conway took a picture from the couch of them with the president.

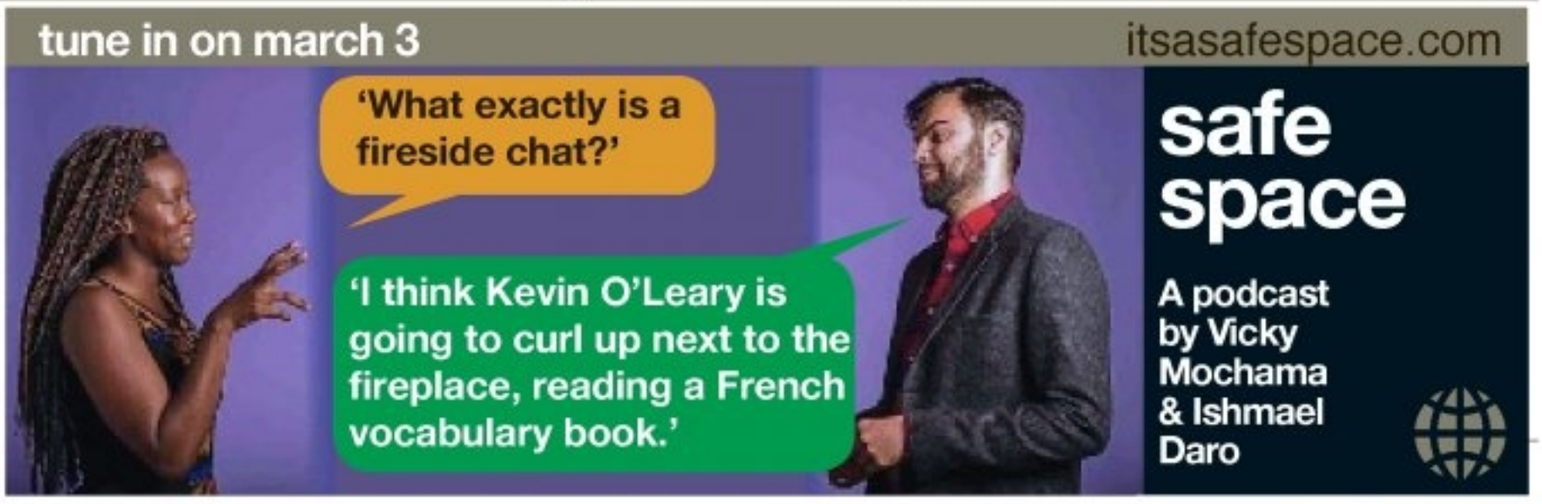
The administration's disrespect is evident. Dillard University president Walter Kimbrough wrote that the meeting was meant to be with Education Secretary Betsy DeVos but suddenly included a visit with the president.

After pushing them around and photographing them, Secretary DeVos issued a statement saying that HBCUs were an example of so-called school choice. When, in fact, they were founded as a response to racist schools barring black students.

The photo isn't trivial; it is emblematic of the relationship that black Americans now have with their government. The administration will use black people to lie about black history in order to make black life worse.

I can only hope that the American public tells Trump that he owns nothing in the White House and his presence is optional.

Because he's definitely not going to act right.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Raw cookie dough is New York's latest food fad with huge lines outside recently opened DO in Manhattan

T.O. dominates fine dining scene

CANADA'S BEST 100

Montreal's top restaurant knocked off by Alo on Spadina

Jonathan Forani
Torstar News Service

The simpler charms of the likes of Edulis (above) and Dandylion has helped Toronto evolve and move ahead of Montreal in the national fine dining arms race; (inset) a grapefruit and tomato salad from Queen Street's Dandylion. INSTAGRAM/ MATT FABIJANIC

Désolés, Montreal.

The 416 has overtaken the 514 for the first time at the top of Canada's 100 Best, the third-annual list of the country's finest dining establishments as chosen by a panel of 82 industry experts.

Toronto's Alo, which chef Patrick Kriss opened in 2015, unseated Montreal's two-time champ Toqué.

Hogtown finished with five of the country's top 10 restaurants: Alo (1), Edulis (5), Buca Yorkville (7), Canoe (8) and Dandylion (9).

"That is total domination of fine dining," said Jacob Richler, the magazine's editor.

Alo debuted on the list as Canada's best new eatery last year.

"The finesse and discipline of that kitchen he runs — it's genuinely extraordinary," said Richler of Patrick Kriss's restaurant located on a third floor above Chinatown on Spadina Ave. Its location is part of its unique charm, Richler said.

"You leave an unassuming street and suddenly you're in this elegant little oasis the moment you emerge out of the elevator shaft. It feels cool and groovy and you're happy to be a part of it."

Toronto and Montreal made up half of the Best 100 entirely, Montreal with 26 spots and Toronto with 24, eight of the top 10 spots between the two.

If Toronto's domination of Canada's dining scene has evolved in one way it's in that the city has caught up to Montreal in its offerings of more "approachable" and "unassuming" dining, Richler said. Montreal has had that "down to a T" for years with its bistros and "cozy neighbourhood restaurants." Toronto is there now, Richler said, noting the simple charms of Dandylion and Edulis

"You can find great food in far more varied sorts of places. And the list reflects that," Richler said.

> **This is total domination of fine dining.**
> Jacob Richler

Ten smaller cities and towns cracked the list with one raved-about spot each, including Langdon Hall (15) in Cambridge, Ont., which jumped back into the top 20. Former Scaramouche chef Michael Stadtländer's Eigensinn Farm (77) in Singhampton, Ont., which presented the chef's pine-focused PineSpiel Project, returned to the list.

Other small community restaurants earned spots like La Cabane PdC (22) in St-Benoît-de-Mirabel and Wolf in the Fog (41) in Tofino, B.C., which made the list for the third time.

"It's always nice to see the small towns do well, because mathematically life is stacked against them," said Richler. It's difficult for the panel of judges to get to every notable restaurant around the country. This year's list showcases 18 different cities and towns.

The 82-member panel of industry and dining experts has a changeover of about 25 per cent each year, which keeps the list fresh.

This year's 100 Best features 30 new restaurants, among the new additions are Toronto's Chabrol (53), Planta (63), Peoples Eatery (71), Jacob's & Co. (76), Shoushin (85), Ruby Watchco (95), and Leña (58), the new Latin-American spot which also won Best Restaurant Design award for its interiors by The Design Agency.

THE TOP 10

1) Alo (Toronto)
2) Toque! (Montreal)
3) Joe Beef (Montreal)
4) Le Vin Papillon (Montreal)
5) Edulis (Toronto)
6) Hawksworth (Vancouver)
7) Buca Yorkville (Toronto)
8) Canoe (Toronto)
9) Dandylion (Toronto)
10) Pigeonhole (Calgary)

CANADA'S BEST 100

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Cupcakes or donuts?

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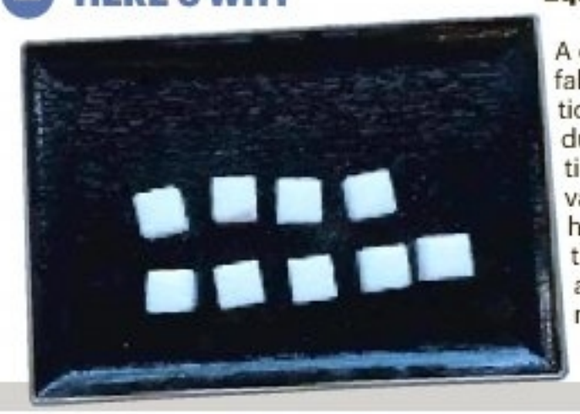
SKIP THIS

Mini Vanilla Cupcakes (3 cupcakes)

Calories 290
Fat 11g
Saturated Fat 4.5g
Sugar 37g

HERE'S WHY

Equivalent to 9 sugar cubes



A dessert doesn't have to be your downfall. When enjoying sweets (in moderation, of course!), picking fluffy, sugar-dusted mini donuts will save you 4 times the sugar compared to the mini vanilla cupcakes. There's also close to half the fat and calories. The icing is the culprit here, as it has added palm and hydrogenated oil, corn syrup and more sugar. Have your 'just desserts!'

Poutine disciple spreads the curd

FOOD PRODUCTION

How a German tourist fell for dish, started his own business

Holger Boeckner's Poutine Kitchen serves up his version in Berlin. CONTRIBUTED

Holger Boeckner had an epicurean epiphany of sorts while visiting Canada in 2007. Out clubbing with Canadian friends in Montreal, the German tourist was introduced to Quebec's street food of fries, gravy and cheese curds. It was 4 a.m. and his first poutine.

"It was salty, delicious, fatty," recalled Boeckner with a big smile at a café in Berlin. "It was the right meal for the situation."

Boeckner was so enamoured with poutine that he opened The Poutine Kitchen last November, partnering up with a German dairy producer to manufacture and sell squeaky cheese.

On Jan. 25, he got to promote the product in a major way: by offering bowls of poutine at the first meeting in 2017 of the German Canadian Business Association. That same week, he proffered small snacks of poutine at the massive annual Green Week exposition of products in Berlin.

He returned to Canada and the U.S. a few times since that initial visit, and sought poutine wherever he went. "I realized in my subsequent visits: I loved poutine," he said. He and his neighbour, a Canadian, tried to make poutine at home, but "we realized it wasn't possible to make it authentic because we didn't have cheese curds."

Importing cheese curds from Canada could take weeks, Boeckner said, bogged down by EU rules that require inspections and clearances. He set about visiting cheese fairs in the Berlin region and wound up at Bauernkäserei Wolters, where he described the curds to owner Pieter Wolters.

Last March they created their first batch — 40 kilograms. Boeckner declared it a success: "It was tasty and squeaky."

The following May came the real test: giving it to Canadians. With packs of gravy mix from St. Hubert's chicken fast food joint in Quebec, Boeckner arranged a special poutine party for six Canadian friends in Berlin.

"They said it was just like home," Boeckner said, holding up a cellphone video of a woman declaring: "The cheese is perfect. The gravy is perfect. You nailed it."

Boeckner is determined to spread the poutine joy among Germans as his business grows.

"Germans love fries, cheese and gravy. They just haven't had that combination yet. They will like it. I know."

TORSTAR NEWS SERVICE

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JOHANNA SCHNELLER WHAT I'M WATCHING

Bill Paxton better as 'wanna-be' tough guy

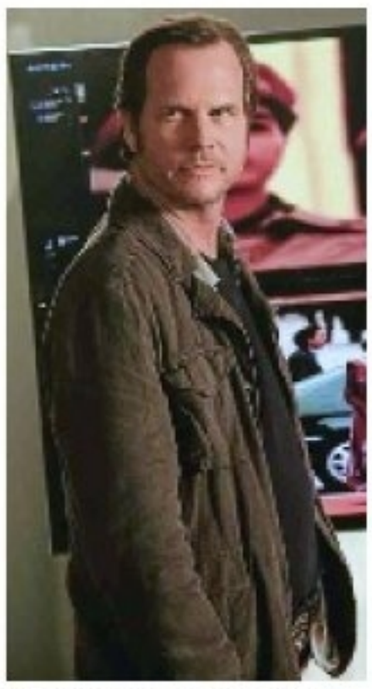
THE SHOW: Training Day, Season 1, Episode 4 (CBS)
THE MOMENT: The growling

As his straight-laced trainee Kyle Craig (Justin Cornwell) watches, rogue police detective Frank Rourke (Bill Paxton) rifles through the pockets of a dead Yakuza gang-banger. Someone warns Frank that the corpse "could be a biohazard."

"My blood is eight parts whiskey and I date a hooker," Frank growls, and keeps rifling.

What luck! Frank finds a peeled beer label — and happens to know it's from a beer that's "$1,000 per bottle." And "there's only one bar in America that sells it." And it's nearby.

At the bar, Frank's luck holds. He spies a thug who leads him straight to the top-secret head of the Yakuza. But first, Frank confronts a slimy G-man: The Yakuza were really after Slimy, weren't they? And he lied about that, didn't he? "National security my ass,"



Bill Paxton completed nine more episodes of Training Day before his untimely death. CONTRIBUTED

Frank growls at him. "More like job security."

Slimy counters, "We're done here." Let's growl Frank's reply together: "No, you're done! I'm just getting started!"

Obviously, I didn't love this series' self-seriousness, or Paxton's choice to demonstrate Frank's corrupt nature by growling. Each. Word. Separately.

Now, after Paxton's untimely death last Saturday (from complications post-surgery), I don't know what the powers that be are going to do with the nine episodes they apparently have in the can.

But as I recalled the many wanna-be-tough-guys Paxton played, I realized that I always liked his "wanna-be" better than his "tough."

His characters were trying to pass as macho in a world that rewards machismo, and Paxton showed us their (and perhaps his) ambivalence about that.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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- Approximate dates of care provided or date of association with the nurse
- Your relationship to the nurse (i.e. patient, family member of patient, friend of patient, former student or colleague).

Provide a personal account, in 250-500 words, explaining why this nurse deserves to be recognized with the Nightingale Award. This may **include a brief description of his or her qualities, care of patient, specific** examples of the nurse's efforts and dedication, and the difference he or she has made to your life or the lives of others.

NOTE: Your account must have taken place between January 1, 2016 and February 28, 2017. Nominee must be registered with the College of Nurses of Ontario. Nurses may not be nominated by a member of their family.

Send your nomination to: Nightingale Award Nomination, One Yonge Street, 4th Floor, Toronto, ON M5E 1E6. Or online at: thestar.com/nightingale

Deadline for nominations: March 16, 2017

Experience Schulich: get a closer look at York's MBA program

When York University's Schulich School of Business hosts Experience Schulich on March 4, attendees to the open house will have the opportunity to engage with the School's human side, learn about its culture and ask questions — while getting a closer look at its master of business (MBA) specializations and growing number of specialized master programs.

"Schulich was never a School that subscribed to the cookie-cutter MBA," says Marcia Annisette, Schulich's associate dean, students. "Specializations allow students the opportunity to create a customized MBA program that meets their specific interests. We believe that specializations give students a competitive edge in the job market."

Schulich offers 20 areas of specialization — more than any MBA program in Canada. Among these are: health, real estate and infrastructure, accounting, business and sustainability, global retail management and arts media entertainment.

Annisette, who is responsible for the strategic long-term direction for all student services support and Schulich's international relations, says the popularity of specializations is largely led by the current MBA market.

"Business schools are increasingly attempting to differentiate their offerings and target them to specific niche markets. In other words, we are finally witnessing the demise of the 'one-size-fits-all' MBA," she says. "Schulich has, however, long had an organic relationship with industry, students and its alumni network. In our case it was out of these close relationships that we developed such a wide range of specializations long before the nature of the MBA market suggested specializations was the way to go."

The School, says Annisette, is also leading the way in other areas of customized education, including specialized masters degrees. It currently offers five such programs, two of which — master of business analytics and master of real estate and infrastructure design — are the first of their kind in the world.

"A world-class MBA program requires students to have about five years of real world business experience," says Annisette. "However, there is a huge demand for business education by individuals who do not have such experience. The masters-level business degree becomes a practical door opener for non-business students looking to break into the world of business."

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Your essential daily news

Actor Margot Robbie is Nissan's new electric vehicle ambassador

Ioniq hot on the heels of Prius

HANDOUT

REVIEW

Hybrid upsets with better fuel efficiency and price point

Dan Ilika
AutoGuide.com

As good as it is, it's tough to describe the 2017 Hyundai Ioniq Hybrid as anything but ill-timed. It's an alternative fuel vehicle going up against gas prices that remain at historic lows.

That this Hyundai is a compact car only makes matters worse, as the popularity of crossovers continues to climb. To overcome those sizable-though-surmountable odds, the Hyundai Ioniq Hybrid has a few key qualities working in its favour.

For starters, it's built on a dedicated platform developed solely to serve as the basis for electrified rides that includes both conventional and plug-in hybrid versions of the Ioniq, plus a pure-electric model.

The decision to build the Ioniq as a small sedan was designed to eke out as much efficiency as possible. The very shape of the car was cleverly crafted to improve airflow. And it worked. With a drag coefficient of 0.24, the Ioniq slips through the air like a Tesla Model S.

The Ioniq may share its drag coefficient with the Model S, but it's significantly smaller than the all-electric ride. The Ioniq is more similarly sized to the Prius or Chevrolet Cruze.

Its diminutive dimensions impact interior space in different ways. The front seats pack plenty of room. Slide into the rear seats and space shrinks significantly. Cargo room, however, stands at an impressive 750 litres. That mark is second in the segment only to the Prius and exceeds the likes of the hatchback versions of the Cruze and Honda Civic.

When it comes to efficiency, Hyundai's first dedicated hybrid ranks ahead of the standard-bearing Toyota Prius. Its impressive efficiency is only matched by its ambitious price point.

Base models are estimated to start at $24,000. An equivalent Prius will set you back $28,880. Step up to a top-of-the-line Limited model and you can expect to pay about $31,000. A loaded Prius Touring, meanwhile, will fetch $32,115.

Despite everything the Hyundai Ioniq Hybrid does right, it's not perfect. The regenerative brakes felt slightly rubbery and more engine noise than necessary permeated the cabin. Likewise, there were some unwelcome rattles and squeaks in our tester's cabin, worth a second look — or listen — to determine if it was a one-off incident.

If this gas-electric Ioniq Hybrid is out to take on the likes of the Toyota Prius, it's off to a good start. It costs less money and burns less gas without suffering from any of the performance penalties imposed by the Prius' CVT. The appetite for hybrids these days may be as low as gas prices, but it's hard to argue with the Hyundai Ioniq Hybrid's bang for your buck.

THE CHECKLIST | 2017 HYUNDAI IONIQ HYBRID

THE BASICS

Engine: 1.6L four-cylinder electric motor, 1.56-kWh lithium-ion battery
Output: 139 horsepower, 195 pound-feet of torque combined
Transmission: 6-speed automatic
Fuel Economy (L/100 km): 4.2 city, 4.0 highway
Price: Starts at $24,000 (est.)

LOVE IT

- Easy to achieve max efficiency
- Affordable
- Cabin layout

LEAVE IT

- Quirky design
- Rubbery brake pedal
- Lack of rear seating space

Revenue soars, Tesla ramps up production

TESLA MODEL 3

Production on track for July

Production for the Tesla Model 3 could begin as early as July.

In its fourth-quarter earnings report, the automaker revealed that limited production for the Model 3 was on track and 2016 revenue was up 73 per cent from 2015, to $7 billion U.S.

Tesla ended 2016 producing 83,922 vehicles, approximately 1,614 a week.

The American automaker wants to more than triple production by the fourth quarter of this year with the Model 3 being added to the assembly line. Tesla is planning to ramp up production to exceed 5,000 vehicles per week in the fourth quarter.

In 2018, Tesla hopes to produce 10,000 vehicles per week. Volume production for the Model 3 should hit its stride by September.

It reiterated that "the Model 3 and solar roof launches are on track for the second half of the year."

JASON SIU/AUTOGUIDE.COM

WHEELS ROUNDUP
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ALL PHOTOS HANDOUT

UNVEILING SOON

Volkswagen Arteon

Volkswagen is teasing its new Arteon, a luxurious fastback sedan that will be like a more affordable Audi A7.

The Volkswagen Arteon will make its world debut at the Geneva Motor Show this month as a flagship sedan that sits above the Passat in the German automaker's lineup, likely replacing the CC. The teaser image Volkswagen shared shows new design language for the brand, as the grille and headlights merge to look like a single piece.

Volkswagen promises the Arteon will have all the latest driver assistance features and safety technology as well as a spacious cabin. Expect it to launch with gesture controls and a configurable digital dashboard. JODI LAI/AUTOGUIDE.COM

SPECIAL EDITIONS

Mercedes-AMG turns 50

The automaker is using three special models to celebrate its 50th anniversary, starting with the AMG GT C Roadster Edition 50 (pictured). Only 500 will become available worldwide.

On the exterior, the convertible sports car boasts a special paint finish in designo Graphite Grey Magno. Inside the cabin, there's a contrasting black and silver colour scheme.

The company will also offer the C63 Cabriolet Ocean Blue Edition. Limited to just 150 units worldwide, the luxury convertible gets a Deep Ocean Blue fabric soft top, exclusively earmarked for the special edition model. The body of the convertible is painted in designo Cashmere White Magno.

Lastly, there's the AMG Performance Studio Package added to the C43 Coupe and Cabriolet models. All the special edition models will debut at the 2017 Geneva Motor Show. JASON SIU/AUTOGUIDE.COM

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metro SPORTS

Mont-St-Hilaire, Que., offensive lineman Laurent Duvernay-Tardif plans to finish med school even after signing a $41.25-million deal with Kansas City

Dawn of a new Argo era

Bruce Arthur

"We know the clock is ticking," said Marc Trestman, one of the men who will save the Toronto Argonauts, or not.

A ticking clock can signify a lot of things: the steady passage of time, diminishing fractions of life, an alarm about to go off. On Tuesday, the Argonauts finally hired Jim Popp as general manager and Trestman as their coach. It took too long but here they are, to rebuild whatever's left.

"We felt that we wanted to take the time to step back and make sure that our initial assumptions were either validated, or that we were aware of all available options," Argos president Michael Copeland said. "We wanted to get this right."

You know, they probably did. Popp was the architect of the recent Montreal Alouettes dynasty, and has long been known as one of the best bird-dog, back-road football scouts in the game. No GM has sent more teams to the Grey Cup than his 10.

Trestman spent five seasons in Montreal and won two Grey Cups and 59 games before heading to the NFL.

"Culture change will happen, starting in the locker-room," said Popp. "They've been able to go out and fill some holes with some outstanding players, but we're going to take what we have and we're going to get the best out of these guys. I know they didn't win as many games as they wanted to last year, but this team could have beat anyone, any week.

Trestman, top, and Popp
THE CANADIAN PRESS

"We're going to have to hit the ground running."

And yet winning might not do anything, because this city can ignore a winning Argos team as easily as a losing one. But without winning, the Argos just don't have a chance. Popp needs to prove he can still be a star GM; he and Trestman need to prove they can succeed without Anthony Calvillo at QB. The pressure is on. As Copeland says, "I think it would be very difficult for us to create the type of chance and be meaningful to people in the market if we're not a successful team on the field."

Meaningful is one thing, but the Argos are trying to clamber out of a grave. The clock is ticking, and while the alarm may have sounded too late, at least it finally went off.

Bruce Arthur is a columnist with the Toronto Star

MLB PRE-SEASON JAYS SWING INTO FIRST SPRING WIN Blue Jays third baseman Jon Berti tags out Pirates designated hitter Joey Terdoslavich during Grapefruit League action on Tuesday in Bradenton, Fla. Jonathan Diaz, Joshua Palacios, Mike Ohlman and Matt Dean hit home runs as Toronto downed Pittsburgh 12-0 for their first pre-season victory. NATHAN DENETTE/THE CANADIAN PRESS

INJURY UPDATE

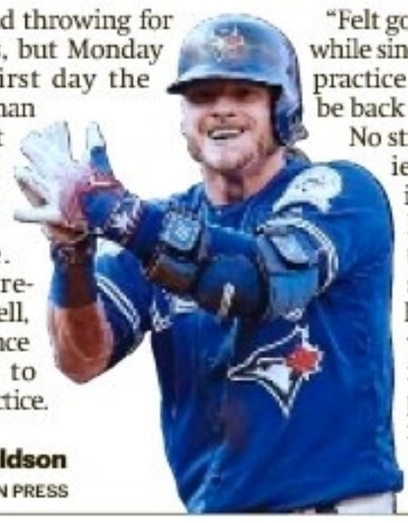
Donaldson returns to the dish

Josh Donaldson was back at batting practice on Tuesday, but the third baseman is not ready to set a specific date for his return from a calf strain.

Donaldson suffered the injury to his right leg while sprinting at the Jays complex in Dunedin, Fla., on Feb. 17.

The club initially said it expected Donaldson to be ready for opening day — at the time 45 days away — before the timeline was adjusted to two to three weeks.

Donaldson has been walking on his own for more than a week, and throwing for a few days, but Monday was the first day the third baseman went all out in the Blue Jays' indoor batting cage. His body responded well, he said, hence the move to batting practice.



Josh Donaldson
THE CANADIAN PRESS

"Felt good. It's been a little while since I've taken batting practice but it felt good to be back out there," he said.

No stranger to calf injuries, Donaldson was initially unsure how his body was going to respond to this strain but he said his treatment is working and he is happy with the progress he had made in little more than a week.

TORSTAR NEWS SERVICE

IN BRIEF

TFC cuts '15 draftee Simonin
Clement Simonin won his injury battle. But the French defender lost out on his bid to stick with Toronto FC.

After two injury-plagued years, the 25-year-old came to camp as a trialist. TFC gave him starts in pre-season to make his case for a more permanent deal but eventually decided to cut him loose via a tweet Tuesday.

TFC's season opens Saturday in Salt Lake City, Utah. THE CANADIAN PRESS

Wolfpack to face Broncos
The Toronto Wolfpack will play at the London Broncos in the fourth round of the knockout Ladbrokes Challenge Cup.

Toronto, the first transatlantic rugby league team, advanced with a 14-6 win last Saturday over Siddal in Halifax, England.
THE CANADIAN PRESS

Vikings let Peterson walk
Adrian Peterson will be an unrestricted free agent for the first time in his career when the market opens next week.

The Vikings said Tuesday they will not exercise their option for 2017 on Peterson's contract, which called for the soon-to-be 32-year-old to make $18 million. In another sobering reminder of the short shelf life for players at this position, Kansas City also released 30-year-old and four-time Pro Bowl running back Jamaal Charles on Tuesday. THE ASSOCIATED PRESS

Did you have to leave High School before graduating?

If you left school for financial or social reasons you may now enter the University of Toronto through the Transitional Year Programme.

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2	3	9	5	6	8	7	1	4
5	4	6	7	1	3	2	8	9
8	9	4	1	3	2	6	7	5
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Queen of the mountain

SKI CROSS

Thompson a force with six World Cup wins this season

Vincent Man
Metro | Toronto

Marielle Thompson has resembled a blur this season.

In racing her way to victory after victory, Big Air Mar has already clinched the Crystal Globe — and with one World Cup ski cross race left on the schedule.

"It's nice to be coming back to Canada having the Crystal Globe wrapped up," Thompson told Metro News over the phone from Blue Mountain in Collingwood, Ont., where Sunday's race will be held. "I can just come to this final and just race, not have one more thing to worry about.

"I knew I was having a good season. I'm just glad it finished how I hoped it would."

Not only did the 24-year-old rack up her sixth win of the World Cup season on Saturday in Miass, Russia, she put on a thrilling show in which she won by the slimmest of margins. Trailing only Sandra Naeslund down the final stretch, Thompson carried enough speed off the last jump to outreach the Swedish skier in a photo finish.

Marielle Thompson, right, of Whistler, B.C., takes off on the final jump during her Crystal Globe-clinching victory on Saturday in Miass, Russia. MATTHIAS HAUER/GEPA PICTURES

"I knew it was a possibility to (clinch the Crystal Globe) but I didn't think it would be in such a fashion with me coming at the end and passing at the finish line," Thompson said. "It was pretty exciting."

The victory gave the Whistler, B.C., skier an insurmountable 155-point lead over Naeslund in the standings and her third overall championship.

Thompson said her first Crystal Globe in 2012 validated her on the World Cup stage. The second time she won it in 2014 established her as a perennial contender.

And though heading into this season she was more intent than ever to win it again, she was surprised by how much of a force she has been.

"It's definitely very validating," Thompson said. "I knew going into this season I was strong and I was skiing well, so to be able to have the consistency all the way through and be on top for the majority of this season, it makes every minute in the gym and all that time and work worth it."

Though the Crystal Globe is in the bag, Thompson will have plenty to race for on Sunday. She said she wants to finish the schedule strong in front of a Canadian crowd, which will include her parents and little sister.

"I don't think I'm approaching it any differently," she said. "In the end it's still a World Cup (race) and I want to do my best. At the end of the day I do want to win."

As much as she has been a blur on the slopes in 2016-17, Thompson said it feels like the season has zoomed by as well with its onslaught of races.

Following last weekend's triumph in Russia, she didn't have much time to celebrate. She was whisked away back to Canada and made her way to Blue Mountain on Monday.

When the final World Cup race is over she will shift her focus to the Freestyle Ski and Snowboard World Championships held at Spain's Sierra Nevada. The ski cross finals will take place on March 18.

"Once everything is said and done I'm going to go home and just rest for a while because it's been a long season," Thompson said.

"We've had so many races since December it will be nice to relax."

RESUMÉ

Thompson is also the reigning Olympic champion in women's ski cross having won the gold medal in 2014 in Sochi, Russia.

GETTY IMAGES

> **I'm still going to go out there and do my best like I do every other race.** Marielle Thompson

NHL

Oduya back with Blackhawks

The Blackhawks have reacquired defenceman Johnny Oduya, who left in free agency for the Dallas Stars after being part of two Stanley Cup championships in Chicago.

Johnny Oduya GETTY IMAGES

Dallas traded Oduya to the Blackhawks on Tuesday night in exchange for young forward Mark McNeill and a conditional fourth-round pick in the 2018 NHL draft.

THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Crispy Cobb Salad

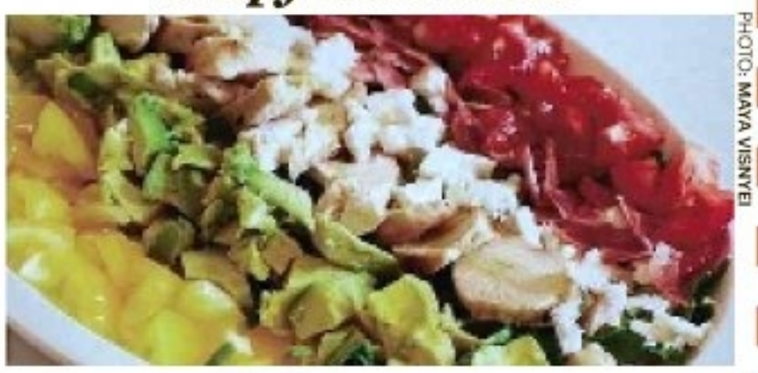


PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This mainstay of American luncheonette provides plenty of vitamins and minerals.

Ready in 1 hour 30 minutes
Prep time: 30 minutes
Cook time: 35 minutes
Serves 4

Ingredients
- 6 bacon slices
- head of lettuce (eg. romaine)
- 4 oz feta, crumbled
- 1 avocado, make 1 inch dice
- 2 tomatoes, make 1 - 2 inch dice
- 2 chicken breasts

For marinade:
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

For dressing:
- 1/3 cup white wine vinegar
- 1 Tbsp dijon mustard
- 2 tsp honey
- 1/2 cup olive oil
- salt and pepper to taste

Directions

1. Whisk together marinade ingredients. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Place dressing ingredients in a jar, put on lid, and shake. Set aside.

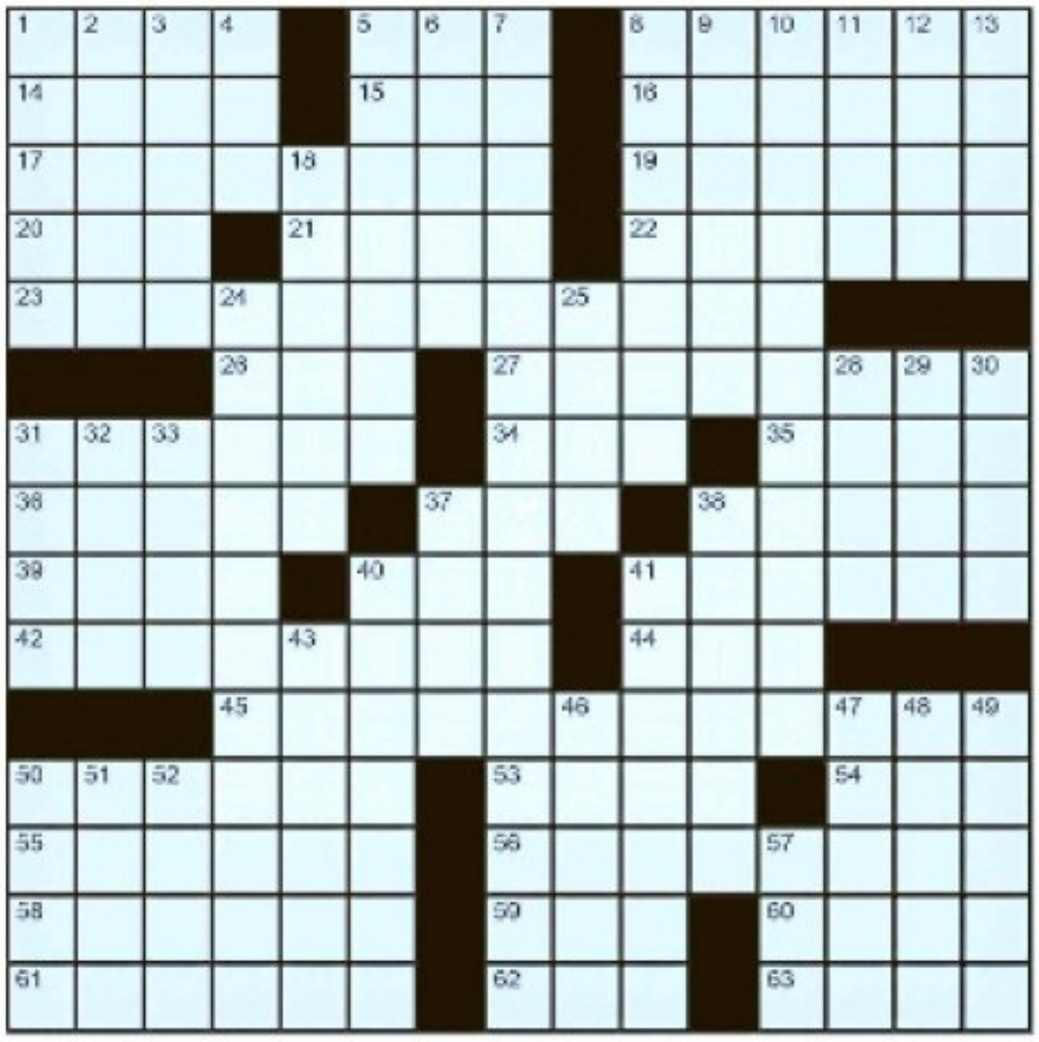
3. Sauté bacon until crisp. Drain on a paper towel. Crumble into small-ish pieces. Bake the breasts in the oven at 375 degrees; for about 35 minutes or until the internal temperature reaches 165. Allow the meat to rest for a few minutes and then slice across the breasts to make thin strips.

4. Wash, spin and chop the lettuce. Toss the lettuce in a bit of the dressing, maybe 1/4 cup or so. Make a thin layer of dressed lettuce on a large platter. Next arrange your ingredients in stripes down your platter: tomatoes, avocado, cheese, bacon, chicken, tomato. Serve with dressing.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canadian as Cdn.
5. _-relief
8. Premier of the Province of Canada, from 1854 to 1856, Sir Allan _ (b.1798 - d.1862)
14. Stethoscope sound
15. Li'l Edmonton transport
16. Getting _ _ (Employee's wish)
17. Neil Peart's time to shine: 2 wds.
19. Stuff in tea
20. Olympic sprint champion from Jamaica ...his initials-sharers
21. "Trainspotting" (1996) star Mr. Bremner
22. "Insensitive" songstress Jann's
23. First day of Lent: 2 wds.
26. Madness: "_ House"
27. Tracked toy racers: 2 wds.
31. Turbulent
34. Golf standard
35. "Drive thy business _ _ will drive thee." - Benjamin Franklin
36. Pulls on
37. Classify
38. Oscar-winning actress Jessica
39. Nero's 591
40. Chairman Mao's military gr.
41. Like some not-suitable-for-all movies: wd. + letter
42. Where to find "Savoy Truffle" on The Beatles' 'White Album': 2 wds.
44. Pub drink
45. Terrain in "Bud the Spud" by Stompin' Tom Connors: 3 wds.
50. Celebrated
53. Tripled letters here
54. Journey's "_ Way You Want It"
55. Poet T.S., and surnamesakes
56. Belonging to Edmonton's locale
58. Beside: 2 wds.
59. Gladiator's 551
60. _ Space Museum of Calgary
61. Begins to take effect: 2 wds.
62. Roosted
63. Choir-performed tune

DOWN
1. Per _ Ad Astra (Through adversity to the stars)
2. Digs
3. Makeup kit item
4. A.m.e.r.i.c.a.n. b.a.n.d.
5. Fluff-the-hair
6. "Over the Rainbow" co-composer Harold
7. Neolithic artifacts: 2 wds.
8. Bull's bane in Spain
9. Mount _ (Biblical peak for Noah)
10. Like chocolate-in-the-middle Smarties
11. "The Whole _ Yards" (2000)
12. Pet Shop Boys hit: "It's _ _"
13. Stiller and Affleck
18. No-_-_ (Biting midges)
24. Construction site footwear, fun-style: 2 wds.
25. Smelting waste
28. "Rule, Britannia" composer
29. John _ (Lorna Doone's beloved in literature)
30. "The Best of Times" band
31. Director Mr. Pollack, et al.
32. Danny DeVito sitcom
33. Post-vinyl music's whereabouts: wd. + acr.
37. Promote
38. Nan A. _ (Book publisher)
40. Fish, in Fabreville
41. Welsh _ (Melted cheese-on-toast dish)
43. "Tutti _"
46. _ _ story (Narrate)
47. "Ahoy, _!"
48. Make munitions-less
49. Vacuum brand
50. Marshes
51. Sailor's sheltered side
52. Combined/blended, archaically
57. "Way to go!"

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because today you are tempted to do something rash. Heads up! Get centered and get a hold of yourself so you don't do something you later regret.

Taurus April 21 - May 21
You feel restless today. The important thing to know is that this is just a temporary vibe that will grab you by the throat. Don't worry about it, because this will be gone by tomorrow.

Gemini May 22 - June 21
Quite likely, a friend will say or do something that surprises you or catches you off guard. Be ready for this. Remember: Count to five before you react.

Cancer June 22 - July 23
A discussion with a boss or parent will be unusual today. He or she might throw you a curveball or do something you don't expect. (Don't quit your day job.)

Leo July 24 - Aug. 23
Travel plans will change today, or they might be canceled or delayed. On the other hand, you might suddenly have to travel even if you didn't expect to do so. Stay flexible today.

Virgo Aug. 24 - Sept. 23
Double-check all details concerning inheritances, shared property, taxes, debt and insurance issues, because something might change suddenly. Be sure you know what's happening.

Libra Sept. 24 - Oct. 23
A partner or close friend might act weird or unusual today, or perhaps he or she will have a strange request. Don't overreact — whatever happens will be history in a few days.

Scorpio Oct. 24 - Nov. 22
Your work routine will change today because of something unexpected. Staff shortages, computer crashes, equipment breakdowns and canceled appointments are just some examples. Steady as she goes.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, romantic couples might have a spat. This is a minor influence, but it's there. Keep your eyes open.

Capricorn Dec. 22 - Jan. 20
Your home routine will be interrupted today. Small appliances might break down, or minor breakages could occur. Someone unexpected might knock on your door.

Aquarius Jan. 21 - Feb. 19
Surprise news might reach you today, or someone close to you might do something unexpected. On the upside, you can think outside of the box and dream up good ideas.

Pisces
Feb. 20 - March 20
Watch your money and cash flow today, because you might find money or you might lose money. Similarly, guard your possessions against loss or theft.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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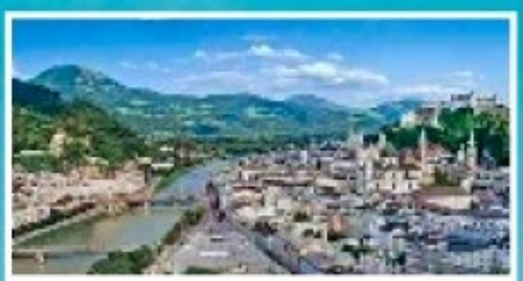

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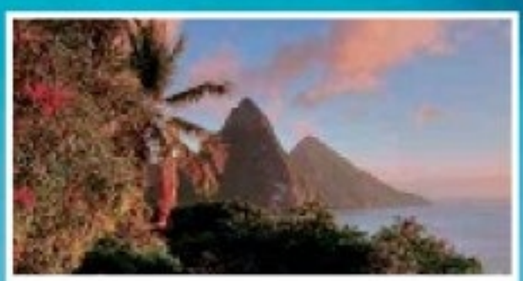

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